

## UNEVEN BARS—LEVEL 10 (3A, 3B, 2C): SV 9.5 Max. of .50 Bonus (min. +.10 D/E and +.10 CV)

Award extra +.10 (not in SV) if exercise has a 10.0 SV and min. of .60 total bonus, incl. "E"

### SPECIAL REQUIREMENTS .50 ea

- One (1) flight element, min. C, excluding dismount
- 2nd different flight element, min. B, excluding dismount
- One element w/ LA turn of 180° or more (min. "C", excl. mt/dismt)
- Salto Dismount, min. "C"

### BONUS CONNECTIONS

+1	+2
<b>CC</b> <b>Group 3,6,7 skills connected</b> <i>Turn/Flight not required. Must be different</i>	N/A
<b>CC</b> <b>Turn/Flight required both skills</b>  <b>CD/E</b> <b>no Turn/Flight required</b>	<b>DD</b> <i>or more difficult</i>

"B" release element from HB to LB raises to "C" if directly follows a "D" or "E" release without counterswing

### UB COMPOSITION LEVEL 10

#### CHOICE OF RELEASES

*Release Elements*

No Ded.	D--D <i>min. of 2 diff. D or E elements</i>
0.05	DC <i>directly connected</i>
0.1	D--C <i>isolated</i>
0.15	CC <i>directly connected</i>
	D--B <i>isolated</i>
0.2	C--C <i>isolated</i>
	C B <i>or less</i>

#### CHOICE OF ELEMENTS ( 2 OF 3 req.)

1. FWD element (circle or release)
2. Group 3/6/7 element, min. B
3. Min. 180° LA turn "C" elem., w/wout flight

*Element Choices Performed*

No Ded.	2 <i>Two out of the three choices</i>
0.1	1 <i>One out of the three choices</i>
0.2	0 <i>Non of the three choices performed</i>

#### CHOICE OF DISMOUNT

*Dismount Elements*

No Ded.	D/E	DC <i>directly connected</i>
0.05	CCC <i>directly connected</i>	DCC <i>directly connected</i>
0.1	CC <i>"C" or less connected to "C" or less</i>	

**Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill** .10

**Lack of 2 bar changes** .20

More than 1 squat on LB w/ or w/out sole circle to grasp HB ea .10

3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ *horiz, additional .10*) ea .10

Uncharacteristic elements ea .10

\*\*More than one extra swing/cast following an element **0.50 max**

Oct. 6, 2021 Email corrections to: [Sharyn@usacompetitions.com](mailto:Sharyn@usacompetitions.com)

## UNEVEN BARS—LEVEL 9 (3A, 4B, 1C): SV 9.7 Max. of .30 CV Bonus

Restriction: Only "A/B/C" elements & "B/C" root elements with full pirouette (D) are allowed

May perform ONE restricted "D/E" element from any group (receives "C" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

### **SPECIAL REQUIREMENTS .50 each**

- Minimum two (2) bar changes
- One (1) flight element, min. 'B' (exclude dismount)
- 2nd different flight element, min. 'C' (exclude dismount) **(or)** One elem. w/ LA turn of  $\geq 180^\circ$  min. 'B' (excl. mount/dismount)  
One element w/ LA turn of  $\geq 180^\circ$  min. 'B' (exclude mount/dismount)
- Salto Dismount, min. 'B'

### **BONUS CONNECTIONS**

+1 CC	+2 CC
One or both 'C's w/o turn or flight (both w/o turn or flight must be different)	Turn/Flight required both skills

### UB COMPOSITION LEVEL 9

#### **CHOICE OF ELEMENTS ( 2 OF 3 req.)**

1.	FWD element (circle or release)
2.	Group 3/6/7 element, min. B
3.	Min. 180° LA turn "C" elem., w/wout flight <i>Element Choices Performed</i>
No Ded.	2 <i>Two out of the three choices</i>
0.1	1 <i>One out of the three choices</i>
0.2	0 <i>Non of the three choices performed</i>

#### **CHOICE OF DISMOUNT**

No Ded.	C
0.05	CB
0.1	BB

<b>Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill</b>	<b>.10</b>
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i> )	ea .10
Uncharacteristic elements	ea .10

## UNEVEN BARS—LEVEL 8 (4A, 4B): SV 10.0 No Bonus

Restriction: Only A/B elements & Cast H.S. 1/2, Clear hip, Stalder and Sole circle BWD to H.S. (also with 1/2)

Allowed to performed ONE restricted "C" element from any group (receives "B" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

### **SPECIAL REQUIREMENTS 0.50 each**

- Minimum one (1) bar change
- One (1) B element with Flight (excl. dismt) **(or)** One (1) with Turn (excl. mt/dismt)
- One 'B' 360° Clear Circle from Grp 3/6/7 (excl. dismount)
- Salto Dismount, min. 'A'

### **UB COMPOSITION LEVEL 8**

Lack of elements that achieve vertical	^ .20
Choice of Dismount not up to the competitive level	^ .10
• 'B' dismt. or 'C' dismt. awarded 'B'	No deduction
• One 'A' element (or non VP) connected to any 'A' dismt.	.10
Uncharacteristic elements	ea .10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i> )	ea .10

\*\*More than one extra swing/cast following an element (all levels) **0.50 max**

**\*1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

## **UNEVEN BARS—LEVEL 7 (5A, 2B): SV 10.0 No Bonus**

Only A/B elements & Cast H.S. 1/2, Clear hip, Stalder and Sole circle BWD to H.S. (also with 1/2) allowed  
Restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

### **SPECIAL REQUIREMENTS .50 ea**

- One (1) Cast to H.S. (**award SR if angle is min. 45°**). *Angle deductions apply (up to .30 each)*
- One 'B' 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- One 'B' Circle element (same or different)
- Salto Dismount, min. 'A'

## **UNEVEN BARS—LEVEL 6 (5A, 1B): SV 10.0 No Bonus**

Only A/B elements & One Clear hip, Stalder or Sole circle BWD to H.S. (also with 1/2) allowed

Restricted: Flight elements from bar to bar and C/D/E VP's (other than listed above)

Restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

### **SPECIAL REQUIREMENTS .50 ea**

- One (1) Cast, minimum 45° above horizontal (award SR if above horizontal)\*
- One (1) Bar change (must perform VP on both LB & HB to fulfill)
- One (1) 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- Salto Dismount, min. 'A'

**\*Level 6 Cast: NO amplitude deductions for cast if angle is 45° from vertical or higher\***

- ^ .30 amplitude deductions begin at BELOW 45° from vertical
- Deduct 0.30 (max) w/horizontal or below cast
- If all casts are horizontal or below, deduct 0.50 missing SR and 0.30 insuf. amplitude (each cast)

**Composition deduction DO NOT apply at levels 6 and 7!**

### **UB EXECUTION**

3rd run approach mount	<u>.50</u>
Intermediate (extra) swing/cast following an element	<u>each .30</u>
<b>More than one extra swing/cast following an element</b>	<b>0.50 max</b>
Grasp apparatus to avoid fall	<u>.30</u>
Swing FWD/BWD under horizontal	<u>each ^ .10</u>
Insufficient Amplitude of Elements ( <i>includes releases</i> )	<u>^ .20</u>
Insufficient Height of Salto dismount	<u>^ .30</u>
Refer to handstand body angle deduction charts	<u>^ .30</u>

### **CHIEF JUDGE DEDUCTIONS**

Coach standing between bars through exercise	<u>.10</u>
Incorrect padding ( <i>no warning</i> )	<u>.20</u>
Fail to remove spotting device after release	<u>.30</u>
Fail to remove board after mount	<u>.30</u>
Short exercise—Less than 5 elements (L6 exception)	<u>2.00</u>
Gymnast exceeds 45 second fall time	Terminate

(Group 3—Clear Hip Circles Group 6—Stalder Circles Group 7—Circle Swings)

**360° Circle finishes 11° to 20° of vertical: The ded. of .05 for insuff. ampl. of circles is not applied at levels 6/7**

**\*1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

## UB EXECUTION

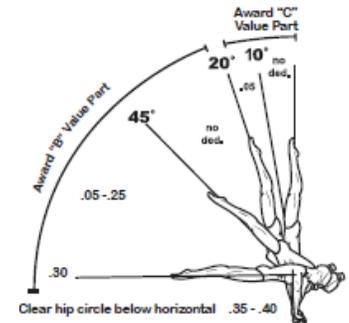
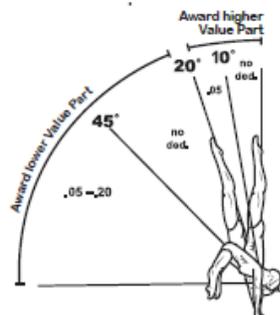
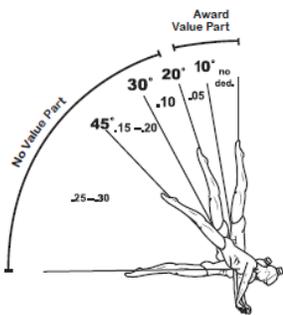
3rd run approach mount	<u>.50</u>
Intermediate (extra) swing/cast following an element	<u>each .30</u>
More than one extra swing/cast following an element	<u>0.50 max</u>
Grasp apparatus to avoid fall	<u>.30</u>
Swing FWD/BWD under horizontal	<u>each ^ .10</u>
Insufficient Amplitude of Elements ( <i>includes releases</i> )	<u>^ .20</u>
Insufficient Height of Salto dismount	<u>^ .30</u>
<i>Refer to handstand body angle deduction charts</i>	<u>^ .30</u>

## ALTERNATE SKILL CUSHION

**(Manufactured Pit Pillow)** made of softer foam is allowed at invites (required at State and above). Must be min. of 4ft. X 6ft. and eight (8) inches. May be used for 'C' or higher bar releases ONLY and must be immediately removed. It is NOT allowed for dismounts or landings on any event.

## CHIEF JUDGE DEDUCTIONS

Coach standing between bars through exercise	<u>.10</u>
Incorrect padding ( <i>no warning</i> )	<u>.20</u>
Fail to remove spotting device after release	<u>.30</u>
Fail to remove board after mount	<u>.30</u>
Short exercise—Less than 5 elements (L6 exception)	<u>2.00</u>
Gymnast exceeds 45 second fall time	<b>Terminate</b>
<b>**Fall time begins when gymnast stands on her feet</b>	



### Casts & Swings to Handstand

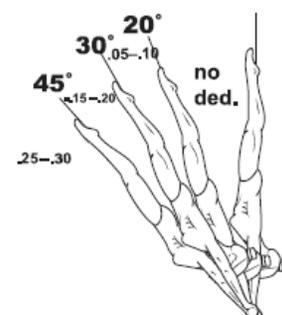
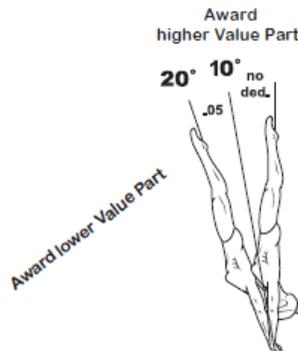
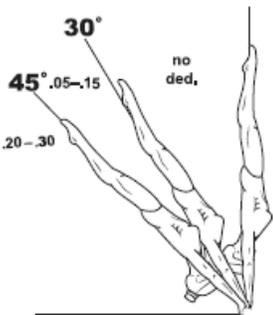
0° - 10°	No deduction
11° - 20°	0.05
21° - 30°	0.1 (no VP)
31° - 45°	.15 - .2 (no VP)
46° +	.25 - .3 (no VP)

### All Circle Elements except Clear Hip

0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	Lower VP, no deduction
46° - ↓	.05 - .2

### Clear Hip Circle Only

0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	"B" VP, no deduction
46° - H.	.05 - .25 (B)
Horizontal	0.3 (B)
↓ Horizontal	.35 - .40 (B)



### 540° & more and Healy technique

0° - 30°	No deduction
31° - 45°	.05 - .15
46° +	.2 - .3

### Flights to Handstand on LB

0° - 10°	No deduction
11° - 20°	0.05
21° +	Lower VP

### Turns in Handstand (1/2 and 1/1 - both arms)

0° - 20°	No deduction
21° - 30°	.05 - .1
31° - 45°	.15 - .2
46° +	.25 - .3